a retainer having a wall with a first end connected to said sleeve, said first end being fixed relative to said sleeve, said wall having a second end extending generally perpendicular to said longitudinal axis of said sleeve to overlap a circumferential portion of said sleeve, said retainer being adapted to be attached to and detached from a handle of a paint container, whereby the retainer is attached to the handle and the sleeve receives the thumb of the hand to allow a weight of the paint container to be transferred to a remainder of the hand supporting at a bottom of the paint container.

12. (AMENDED) A holder as set forth in claim 1 wherein said first end and said second end form a hollow interior therebetween.

13. (AMENDED) A holder as set forth in claim 1 wherein said second end is movable relative to said first end.

14. (AMENDED) A holder for assisting in holding a paint container, comprising:

a cylindrical sleeve extending longitudinally to form a hollow interior with at least one open end adapted to receive a thumb of a hand, said sleeve being unitary circumferentially; and

a retainer extending from and being unitary and one-piece with said sleeve, said retainer being adapted to be attached to and detached from a handle of a paint container, whereby the retainer is attached to the handle and the sleeve receives the thumb of the hand to allow a weight of the paint container to be transferred to a remainder of the hand supporting a bottom of the paint container.

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22. (AMENDED) A holder as set forth in claim 21 wherein said first end extends from said sleeve and said second end is movable relative to said first end.

23. (AMENDED) A holder comprising:

a cylindrical sleeve having a wall extending longitudinally to form a hollow interior with at least one open end adapted to receive a thumb of a hand; and

a retainer extending from said wall of said sleeve, said sleeve and retainer being made of a plastic material to form a monolithic structure that is unitary and one-piece, said retainer being adapted to be attached to and detached from a handle of a paint container, whereby the retainer is attached to the handle and the sleeve receives the thumb of the hand to allow a weight of the paint container to be transferred to a remainder of the hand supporting a bottom of the paint container.